

Evaluation the prevalence of hypertension and its relationship with anthropometric findings of high school students in Ardabil city in 2014

Abstract

Introduction and Problem Statement

Prevalence of hypertension in the world has been reported differently. One percent in children and 3% in adolescents, and also in some reports between 5-11% have been declared. Many factors including heredity, diet, stress and obesity involve in primary hypertension. This study carried out with the aim of determining the level of hypertension frequency in high schools of Ardabil city.

Material and Method

Current study is a descriptive analytical cross-sectional study. In this study, 1100 girl and boy adolescents in high school were enrolled. At the first, adolescents were asked questions in form of check list and at the end, weight; height and blood pressures were measured and noted in related check lists. Check lists included questions such as age, sex, family back ground of hypertension, cardiovascular back ground in family and etc. finally, all obtained data from check lists were analyzed by SPSS v16 statistical software.

Results

In this study 1100 students were assessed that 50 percent were boy with the average age of 15.74 ± 1.28 years. In BMI evaluation was observed that 56.1% of students were normal. 23.5% were with family back ground of hypertension. The average of systolic pressure in students was 115.6 ± 12.5 and diastolic pressure was 72.93 ± 8.54 Mm Hg and also 5.9% were systolic hypertension and 3.3% with diastolic hypertension. Data analyzing showed that there was a significant relationship between hypertension and sex, BMI and hypertension background.

Conclusion

Results of current study indicated that prevalence of hypertension and pre-hypertension in adolescents of Ardabil city is low compared to other studies.

Keywords: hypertension, anthropometric, high school.